



How USDA Foods Support the National School Lunch and School Breakfast Program Meal Pattern Requirements



| Food Group | Requirements | How USDA Foods Support the Requirements |
|----------------------------|---|--|
| Fruits | <p>Breakfast: 1 cup fruit per day (vegetable substitution allowed)</p> <p>Lunch: ½ -1 cup fruit per day</p> | <p>USDA offers a variety of fresh, frozen, canned and dried fruits, which are low in sugar or have no added sugars.</p> <ul style="list-style-type: none"> • Fresh: apples (5 varieties whole, sliced bags); oranges; pears (3 varieties whole); other fruits available through DoD Fresh Fruit and Vegetable Program • Frozen: unsweetened apples; apricots; unsweetened blueberries; cherries; peaches; unsweetened and sweetened strawberries • Dried: cherries, cranberries, fruit mix, fruit/nut mix, raisins • Canned fruits in extra light syrup or water: apple slices, unsweetened applesauce, apricots, cherries, peaches, pears • Juice: 100% orange |
| Vegetables | <p>Breakfast: No requirement; optional substitution for fruit servings</p> <p>Lunch: ¾ - 1 cup vegetable per day</p> <p>Weekly requirement for:</p> <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (see 2010 Dietary Guidelines) | <p>USDA offers a variety of fresh, frozen, dried, and low sodium or no salt added canned options.</p> <ul style="list-style-type: none"> • Dark green: frozen broccoli, frozen spinach • Red/orange: carrots (fresh, frozen, canned), sweet potatoes (fresh, frozen, canned), tomato products (canned diced, tomato sauce, tomato paste, salsa, spaghetti sauce) • Beans/peas (low-sodium canned and dry): baked, black, blackeye peas, garbanzo, great northern, lentils, lima, navy peas, pink, pinto, red kidney, refried, vegetarian • Starchy vegetables: corn (canned, frozen), peas (canned, frozen), potato products (fresh, oven fries, rounds, wedges) • Other: green beans (canned, frozen), bulk mushrooms • Additional options available through DoD Fresh Fruit & Vegetable Program |
| Meat/Meat Alternate | <p>Breakfast: No requirement; optional substitution after daily grain requirements are met</p> <p>Lunch: daily and weekly minimum servings Grades K-5: 1 oz eq. daily; 8 oz eq. weekly Grades 6-8: 1 oz eq. daily; 9 oz eq. weekly Grades 9-12: 2 oz eq. daily; 10 oz eq. weekly</p> | <p>USDA offers a variety of nutrient-dense meat/meat alternates, many of which have lower sodium and fat profiles.</p> <ul style="list-style-type: none"> • Beans/peas (low-sodium canned and dry): baked, black, blackeye peas, garbanzo, great northern, lentils, lima, navy peas, pink, pinto, red kidney, refried, vegetarian • Beef: boneless, ground, patties, crumbles, canned • Cheese: American (reduced fat/regular slices, loaves); cheddar (reduced fat/regular shredded, slices, loaves); mozzarella (Lite/low moisture part skim shredded, loaves, string cheese) • Chicken: whole, cut-up, drumsticks, legs, oven roasted, diced, fajita strips, canned • Eggs: whole frozen • Fish: whole grain breaded catfish strips, bulk pollock • Nuts/seeds: peanut butter, roasted peanuts, sunflower seed butter • Pork: leg roast, picnic, ham, crumbles, canned • Turkey: whole, thighs, roast, taco filling, deli breast, turkey ham |
| Whole Grains | <p>Beginning July 1, 2014, all grain products must be whole grain-rich (contain at least 50% whole grain content).</p> <p>Breakfast daily and weekly minimums (meat/meat alternate substitution allowed after the daily grains minimum met): Grades K-5: 1 oz eq. daily; 7 oz eq. weekly Grades 6-8 : 1 oz eq. daily; 8 oz eq. weekly Grades 9-12 : 1 oz eq. daily; 9 oz eq. weekly</p> <p>Lunch daily and weekly grain minimums: Grades K-5: 1 oz eq. daily; 8 oz eq. weekly Grades 6-8 : 1 oz eq. daily; 8 oz eq. weekly Grades 9-12 : 2 oz eq. daily; 10 oz eq. weekly</p> | <p>All USDA direct delivered products meet the whole grain-rich criteria.</p> <ul style="list-style-type: none"> • Flour: whole wheat, white whole wheat/enriched blend • Oats: quick-cook rolled • Pancakes: whole wheat • Pasta: whole grain spaghetti, rotini, macaroni • Rice: brown rice (regular/parboiled) • Tortillas: whole grain • Whole kernel corn for processing |
| Milk | <p>Breakfast and Lunch: 1 cup</p> <p>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p> | <p>Purchased locally; not provided through USDA Foods</p> |



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| Nutrients | Requirements | | How USDA Foods Supports Requirements |
|----------------------|---|--|--|
| Sodium | Target 1: SY 2014-15 | | USDA offers fresh, frozen, and dried vegetable and meat options with no salt added. Canned vegetables and beans are all low-sodium. Meats and cheeses have been reformulated to lower sodium levels where possible to help schools meet the SY 14-15 sodium targets. |
| | Lunch ≤1230mg (K-5) ≤1360mg (6-8) ≤1420mg (9-12) | Breakfast ≤540mg (K-5) ≤600mg (6-8) ≤640mg (9-12) | |
| | Target 2: SY 2017-18 | | USDA will continue to dialog with industry to modify specifications to achieve further sodium reductions where possible to help schools meet subsequent targets. |
| | Lunch ≤935mg (K-5) ≤1035mg (6-8) ≤1080mg (9-12) | Breakfast ≤485mg (K-5) ≤535mg (6-8) ≤570mg (9-12) | |
| | Final target: SY 2022-23 | | |
| | Lunch ≤640mg (K-5) ≤710mg (6-8) ≤740mg (9-12) | Breakfast ≤430mg (K-5) ≤470mg (6-8) ≤500mg (9-12) | |
| Saturated Fat | <10% of total calories | | USDA offers lean meats, poultry, fish, and reduced fat cheeses. Additionally, USDA offers a lower saturated fat soybean oil. |
| Trans Fat | 0 grams trans fat per serving Note: FDA allows products with <0.5 grams per serving to be labeled 0 grams. Naturally-occurring trans fat is exempted. | | USDA Foods do not contain <u>added</u> trans fats, including: <ul style="list-style-type: none"> • Peanut/sunflower butters • Oils • Potato products • Catfish strips |
| Calories | Daily Average Calorie Ranges (min and max): <i>Breakfast</i> 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12) <i>Lunch</i> 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12) | | USDA offers a variety of nutrient-dense foods with minimal added ingredients. Product formulations are low in solid fat and added sugar, thus providing fewer discretionary calories. |